

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 03/05/2024

Times for Wednesday 28 November



| Time | Session | Facility |
|---------------|----------------------|----------|
| 08:00 - 09:00 | BODYBALANCE™ Virtual | Studio 2 |
| 10:10 - 10:40 | CXWORX™ Virtual | Studio 2 |
| 10:45 - 11:45 | BODYCOMBAT™ Virtual | Studio 2 |
| 15:45 - 16:15 | BODYCOMBAT™ Virtual | Studio 2 |
| 20:30 - 21:30 | BODYBALANCE™ Virtual | Studio 2 |